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CLAIMS

- 1.- Use of compounds of general formula I:  $\text{COOH-CHR-(CH}_2\text{)}_m\text{-CH=CH-(CH}_2\text{)}_n\text{-CH}_3$ , where R can be any group with molecular weight below 200 Da, m and n have, independently, a value between 0 and 15, in the manufacture of food additives and/or ingredients, dietary products, acceptable food forms and foods in general, the ingestion of which is useful for the prevention and control of cardiovascular diseases and obesity.
- 2.- Use according to Claim 1, characterized in that R is preferably H, OH,  $\text{NH}_2$  or  $\text{CH}_3$ .
- 3.- Use according to either Claim 1 or 2, characterized in that the compounds of general formula I preferably have between 12 and 28 carbon atoms.
- 4.- Use according to any one of Claims 1 to 3, characterized in that the compounds of general formula I are preferably 2-hydroxyoleic acid, 2-methyl-oleic acid, vaccenic acid, nervonic acid or amino-oleic acid, and mixtures thereof.
- 5.- Use according to any one of the preceding claims, in which the ingestion of food additives and/or ingredients, dietary products, acceptable food forms and foods in general as an aid in the control of blood pressure and associated diseases.

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6.- Use according to any one of the preceding claims, in which the ingestion of food additives and/or ingredients, dietary products, acceptable food forms and foods in general as an aid in the control of body weight.